HAGS SMP

Inspiring all generations



Boreham Parish Council Recreation Ground Fitness Area

AIR SKIER A

This Air Skier provides an opportunity for a low impact workout, which can be shared with a friend. It helps to tone up body areas around the waist, hips and thighs as well as improving cardiovascular fitness, balance and co-ordination.

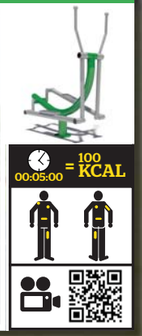




SKI STEPPER B

This Ski Stepper offers a low impact workout which helps to develop stronger calf and thigh muscles as well as improve cardiovascular fitness, balance and co-ordination.





STEP UP C

The Step Up can be used to work the quads, hamstrings and buttocks muscle groups, by stepping up and down on the equipment.



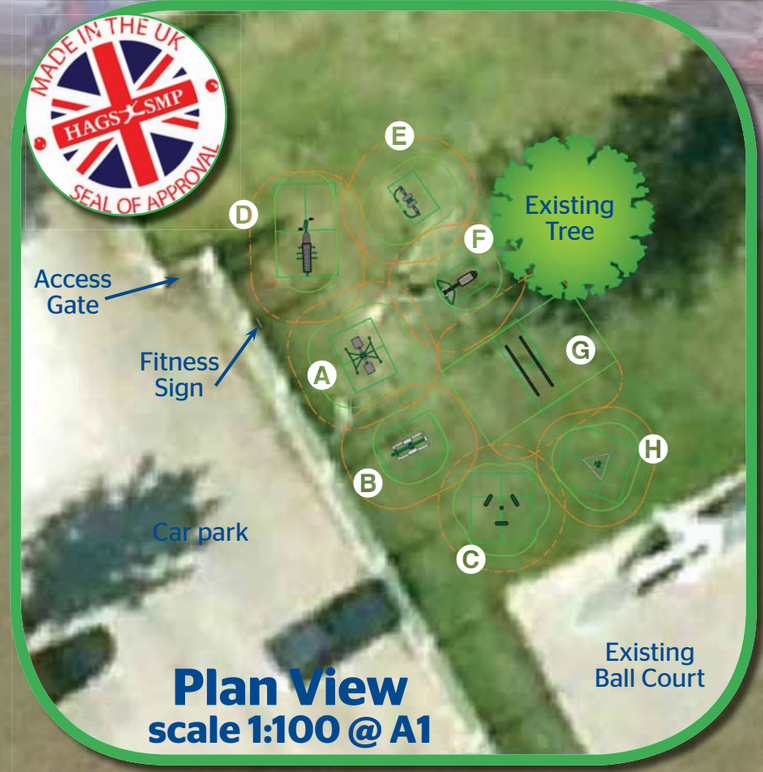


TRINITY CYCLE D

The new Trinity Cycle 3 in 1 recumbent bike, can be used in numerous ways as a hand and foot cycle. The Trinity Cycle section has a sloping backrest that is ergonomically designed to accommodate different height users, and its unique design 3 tier hand grip system means that whatever your height, you can be perfectly positioned to exercise comfortably.



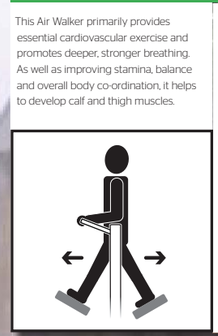




Plan View
scale 1:100 @ A1

AIR WALKER E

This Air Walker primarily provides essential cardiovascular exercise and promotes deeper, stronger breathing. As well as improving stamina, balance and overall body co-ordination, it helps to develop calf and thigh muscles.





Why choose HAGS SMP?

1 Certified to EN1663. In May 2015 the European Safety Standard for 'Permanently installed outdoor fitness equipment' was released. Our Action Station fitness range is certified to this stringent new safety standard.

2 Rigorously tested. Our Ski Stepper completed over 10 million operational cycles in a recent laboratory test.

3 Extensive Warrantees. The functional strength of the structural steel on all our Adult Outdoor Fitness products carries a 25year Guarantee.

4 Colour Options. Our units come in 4 striking colour options, plus additional Ral colours options are available to match any site specific requirements. (additional charges may apply)

5 Instruction Labels. All our Action Stations products come with Identity labels which include a QR code, product and user information.

6 Proven track record. Buy with confidence. We have been designing, manufacturing and installing play and sports equipment since 1958.

7 Highest Quality. Our Action Station units have been 'Abuse Load Tested' to 540kg without any permanent deformation. Similar tests on competitor products resulted in deformation at less than 350Kg.

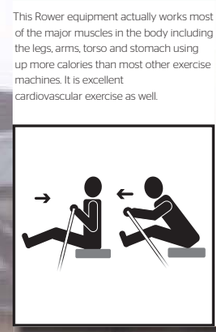
8 Designed with help from experts in sport. For example we worked with Loughborough University to carry out a 'Design Ergonomics Test' on the new Trinity Cycle, to ensure maximum user comfort and safety during use. Loughborough University are ranked among the top institutions for Sport Science in Europe.

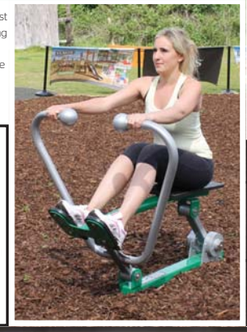
9 HAGS SMP is a global company with over 50 years of experience offering an extensive product range designed for people of all ages and abilities.

10 Opening Packages. We are able to offer a variety of Fitness Site Opening Packages and promotional material for your special day.

ROWER F

This Rower equipment actually works most of the major muscles in the body including the legs, arms, torso and stomach using up more calories than most other exercise machines. It is excellent cardiovascular exercise as well.



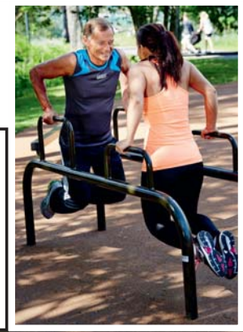


DIP STATION G

The Dip Station can be used to work the forearms, shoulders, chest and lower back muscle groups, by using the different levels of bars to perform dips.

Reps: Dips 2 sets of 4





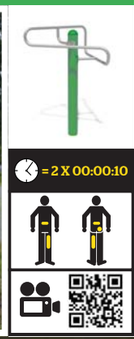


LEG STRETCH H

The Leg Stretch increases toning, flexibility whilst also working the legs. Main benefits include warming up muscles prior to exercise to prevent injury and improve balance & co-ordination & maintain joint flexibility.







Fitness Labels

Every piece of HAGS SMP fitness equipment includes state of the art labelling with QR code's, which are designed to help the user safely and efficiently use our equipment.

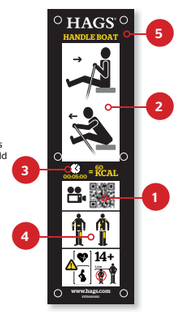
1. **QR Codes** which can be scanned from any mobile device. Once scanned, the code leads to an **instructional video** to show users the safest and most effective way to use the equipment. The videos show progression from beginner, through intermediate to advanced, and can help users to build up their own progression setting challenges as they become comfortable with a more advanced exercise routine.

2. **Instructional images** show users how they should be using the equipment. This is to help ensure users do not engage in any activity with the equipment, which could result in injury.

3. **Recommended repetitions** and **workout timings** to help ensure users are getting an optimum cardiovascular, or muscular workout. HAGS SMP has worked extensively with a personal trainer to ensure the repetitions and recommended timings on equipment are suitable for beginner use.

4. **Muscle groups** displayed on the labels let the user know what muscles they are working for particular exercises, and while using specific equipment.

5. HAGS SMP fitness labels are **compliant with the DIN79000** as they display:
- **Age Limitations**
- **Height Restrictions**
- **Warnings** for pregnant women and those suffering with heart conditions



GUARANTEES

Being one of only a handful of companies who manufacture their fitness equipment in the UK, and who use British Steel, we are able to offer you the following market leading Guarantees:

- **25 year guarantee on the functional strength of all structural steelwork**
- **10 year guarantee against structural failure on demountable moving parts, such as shafts and spindles**
- **5-year colour coating guarantee against corrosion**
(See our Fitness equipment guarantee for more details)
- **Our fitness range conforms to DIN79000**
(Please call to request a free copy of our TüV certificate or download it from hags-smp.co.uk)

*Our Guarantees are limited and exclusions apply. For a free copy of our Guarantee Certificate please call 0845 260 1655.

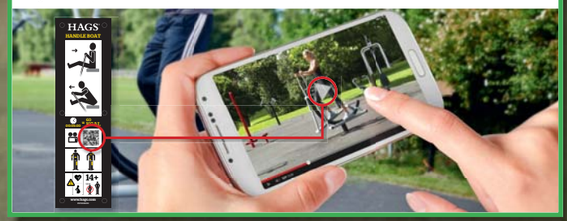


QR CODES

Learn how to use our equipment safely and efficiently with our interactive videos

QR codes can be scanned with any mobile device. Once scanned, the code leads to an instructional video to show users the safest and most effective way to use the equipment.
The videos show progression from beginner, through intermediate to advanced, and can help users to build up their own progression setting challenges as they become comfortable with a more advanced exercise routine.

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COLOUR OPTIONS

HAGS SMP GYM and ACTION STATIONS ranges come in a variety of exciting colours.

Standard

As standard GYM comes in the following two tone combinations:
Warm yellow with Silver grey
Forest Green with Silver Grey

As standard ACTION STATIONS comes in the following two tone combinations:
Warm yellow with Titanium
Forest Green with Titanium
Anthracite with Titanium
and also Single Tone Titanium



*Please note that this is an artist impression only. Final equipment specifications and positions to be confirmed with order.

Drawing no: Q-13448-W0W3-V-0
Date: 11.04.16